

# Free Hands On Cooking Classes

## Details

### Description

Over Four Weeks, Bags of Taste will have you cooking great tasting simple recipes, all at less than £1 per head. Sessions are friendly and fun, filled with people who want to learn new recipes and ways to save on their food shop. Whether you are vegetarian, vegan or eat halal, we will have something fantastic for you.

What is involved?

- 1) Four FREE weekly lessons, Wednesday 11-1:30
  - 2) We demonstrate two recipes for you - then you have a go
  - 3) Sit down to enjoy the meals with your classmates
  - 4) An opportunity to purchase to practice at home for only £3 - that's enough for 4 meals
- Tips and tricks for avoiding waste and storing food

### Date

07 August 2019

### Start Time

11:00

### End Time

13:30

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## Costs

### Costs

Free

## Event Repeats

### Repeats

There are currently no upcoming scheduled repeats

## Venue Information

### Address 1

The Zacchaeus Project, Walter Newby Centre

### Address 2

Bethnal Green Methodist Church, Approach Road

### Town

London

### Postcode

E2 9JP

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